

# Fight Germs and Stay Healthy



## If you have a cold or flu:

### Avoid contact with other people if possible.

- ▶ Germs are transmitted by sneezing, coughing and even while speaking.
- ▶ Do not share drinks or eating utensils.

### Cover your mouth and nose when sneezing.

- ▶ Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing.
- ▶ Do not cough or sneeze on other people, their food or anything they may put in their mouths.

### Wash your hands often.

- ▶ Always wash your hands before eating and after using the latrine.
- ▶ Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel.

### Avoid touching your eyes, nose or mouth.

- ▶ Germs are often spread when people touch something contaminated with germs (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth.
- ▶ Some viruses and bacteria can live from 20 minutes up to 2 hours on smooth surfaces like wall lockers, latrine countertops, doorknobs and desks.

### See a medic if you are sick, especially if you have a fever.

- ▶ Medical care can help control the spread of infection and help you feel better sooner.



<http://usachppm.apgea.army.mil>